Down Down Up
Net & Wall Games

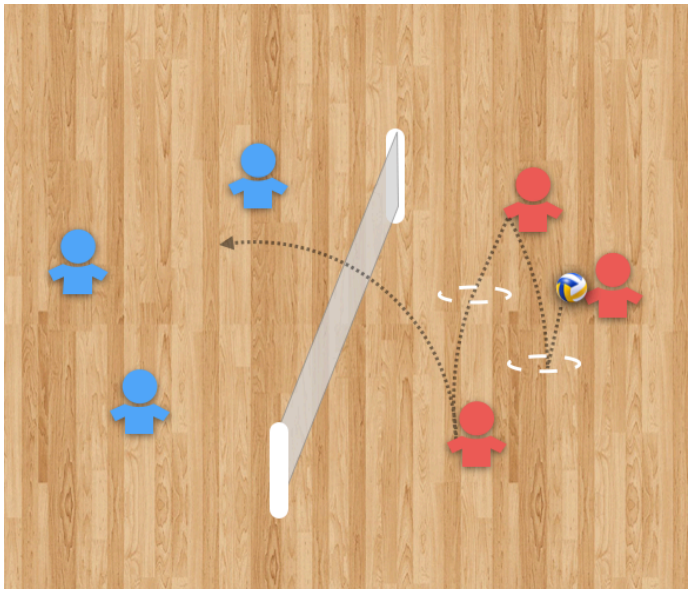
Equipment
- Ball
- Net

Tactical Focus

Maintaining a Rally | Winning a Point | Setting Up for Attack | Defend Space | Defending Against Attack | Restarting Play

Description

- Create two teams separated by a net or barrier
- Each team has 3 touches before the ball must be sent over the net.
- The first 2 touches the ball must be played DOWN into the floor.
- The 3rd touch must be played UP over the net.
- If the opposition team is unable to return the ball within their 3 touches a point a is scored.



Modifications (Change It!)

Change it Up
Add boundaries to the court.
Decrease the size of the ball.

Change It!
Use a racquet/paddle to strike the ball.
Increase/Decrease the number of players.

Change it Down
Allow players to catch the ball between touches
Increase the size of the ball.

Assessment

Emerging
Players have difficulty adapting to and using the DOWN & UP touches.

Developing
Players only use one type of the DOWN or UP touches during play.

Competent
Players can use both DOWN & UP touches when playing to return the ball across the net.

Proficient
Players can consistently use both DOWN & UP touches to win points.

Questions

How is this game similar to other Net/Wall Games?

What strategies/skills/tactics could be transferred to other Net/Wall Games?

How did your team defend space when the other team had the ball?